

Other Ways to Support Breastfeeding Within the Workplace

- Allow sufficient leave for new mothers to establish breastfeeding. It takes about 4 to 6 weeks, for baby and mother to establish a good milk supply.
- Consider allowing infants to be brought to the workplace during breastfeeding times.
- Consider alternative work schedules such as part-time employment, job sharing, flex schedules, work-at-home options, and/or a gradual return to work so breastfeeding employees experience less disruption to the breastfeeding process.
- Create an on-site support group for breastfeeding mothers. For example, establish monthly lunch support group meetings. Large businesses can hire a lactation specialist to lead the meetings and answer questions. Small businesses can provide a list of mother-to-mother support groups or lactation specialists she can find in the community.
- Large businesses can obtain corporate lactation services for employees, either on-site or off-site. Some corporate lactation companies provide electric breast pumps, breastfeeding classes, telephone advice, and/or individual breastfeeding consultations. Small businesses can provide a resource list of all lactation specialists, breast pump rental stations, and lactation-related services in her community.



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